**Help! I’ve Fallen & I Can’t Get Up**

**The New You - Part 1**

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Rev. Dr. Tony Soldano

**Illustration**

**Dentist Visit: Full Examination**

Recently I had the opportunity to visit the dentist after some time because of Covid. As I sat in the dentist chair, I was impressed at how thorough the examination was. I wondered to myself, “Wouldn’t it be great to have such an examination but on a spiritual level”?

Christ lived and died, not so that we would have a recycled version of ourselves, but rather, to be a brand new you, a new creature; where all things are passed away and all things are made new.

**2 Corinthians 13:4-5**

4 For though He was crucified in weakness, yet He lives by the power of God. For we also are weak in Him, but we shall live with Him by the power of God toward you. 5 Examine (*test, prove, try*) yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you? —unless indeed you are disqualified (*reprobate, useless, worthless).*

* The Apostle Paul encourages his readers to examine themselves, to take a test, to ensure that they are truly in the faith and that they are not disqualified.

**Put On The New Self**

**Colossians 3:1-17**

5If then you were **raised** with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. **2Set your mind** on things above, **not on things on the earth**. **3For you died, and your life is hidden** with Christ in God. **4**When Christ *who is* our life appears, then you also will appear with Him in glory.

5Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. 6Because of these things the wrath of God is coming upon the sons of disobedience, 7in which you yourselves once walked when you lived in them.

8But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. 9Do not lie to one another, since you have put off the old man with his deeds, 10and have put on the new *man* who is renewed in knowledge according to the image of Him who created him, 11where there is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave *nor* free, but Christ *is* all and in all.

12Therefore, as *the* elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; 13bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do.* 14But above all these things put on love, which is the bond of perfection. 15And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. 16Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. 17And whatever you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God the Father through Him.

**Put On the New Self (NLT)**

3Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. 2Think about the things of heaven, not the things of earth. 3For you died to this life, and your real life is hidden with Christ in God. 4And when Christ, who is your[[a](https://www.biblegateway.com/passage/?search=Colossians+3%3A1-17&version=NLT#fen-NLT-29482a)] life, is revealed to the whole world, you will share in all his glory.

5So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don’t be greedy, for a greedy person is an idolater, worshiping the things of this world. 6Because of these sins, the anger of God is coming. 7You used to do these things when your life was still part of this world. 8But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language.

9Don’t lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. 10Put on your new nature and be renewed as you learn to know your Creator and become like him. 11In this new life, it doesn’t matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and he lives in all of us.

12Since God chose you to be the holy people he loves, you must clothe yourselves with tender hearted mercy, kindness, humility, gentleness, and patience. 13Make allowance for each other’s faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. 14Above all, clothe yourselves with love, which binds us all together in perfect harmony. 15And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

16Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. 17And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

**Central Truth**

***Christ died to provide you with a new life – what we are supposed to be as followers of Christ.***

**Thoughts: Where Are We?**

* Jesus at the centre of it all
* Disciples of Christ
* It’s okay not to be okay sometimes
* Do you have a compass or a roadmap? *~Bishop Tony Miller*
* We are at the threshing floor – still
* The rich young ruler.

**Main Points**

1. **The life that is now hidden will be publicly displayed for God’s glory (First things first: vs 1– 4):**

**Colossians 3:1-4**

1 Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God’s right hand. 2 Think about the things of heaven, not the things of earth.3 For you died to this life, and your real life is hidden with Christ in God. 4 And when Christ, who is your life, is revealed to the whole world, you will share in all his glory.

* 1. Set your sight/vision on heavenly things
  2. Set your mind, focus and priorities on heavenly things
  3. Your life is hidden in Christ
  4. All for God’s glory – shine and you will share His glory.

1. **Some things just need to die for you to truly live**

**Colossians 3:5-9**

5 So **put to death** the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don’t be greedy, for a greedy person is an idolater, worshiping the things of this world. 6 Because of these sins, the anger of God is coming. 7 You used to do these things when your life was still part of this world. 8 But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. 9 Don’t lie to each other, for you have stripped off your old sinful nature and all its wicked deeds.

* 1. Put to death (kill/destroy) vs 5
     1. **Sexual Immorality/Fornication** is generally used to describe unlawful sexual intercourse or immorality especially between single people ([Mat 15:19](ref:Mat.15.19); [Mar 7:21](ref:Mar.7.21)). Sometimes it is broader and is translated sexual immorality
     2. **Impurity/Uncleanness** refers to impurity of thought, word, or action. It speaks of moral filth rather than physical dirtiness
     3. **Lust/Passion** denotes strong and unbridled lust
     4. **Evil Desire** speaks of intense and often violent cravings
     5. **GREED/Covetousness** in general, means greediness or the desire to have more, but here it may refer especially to an unholy desire to satisfy sexual appetite which is **idolatry**.

Our standing is what we are in Christ. Our state is what we are in ourselves.

* 1. **Put off** (throw off) - anger, wrath, malice, blasphemy, filthy language
     1. **Anger** is, of course, a strong spirit of dislike or animosity, a vengeful spirit, a settled feeling of hatred
     2. **Rage/Wrath** describes an intense form of anger, probably involving violent outbursts
     3. **Malicious Behaviour/Malice** is wicked conduct toward another with the idea of harming a person or their reputation. It is an unreasonable dislike that takes pleasure in seeing others suffer.
     4. **Slander/Blasphemy** here means reviling, that is, strong intemperate language used against another person. It means scolding in a harsh and insolent manner.
     5. **Dirty/Filthy Language** means shameful speaking, and describes that which is lewd, indecent, or corrupt. It is disgraceful, impure language. In this catalog of sin, the Apostle goes from motives to acts.

1. **The new life needs to be “put on” and not just talked about**

**Colossians 3:12-14**

12 Since God chose you to be the holy people he loves, you must clothe yourselves with tender hearted mercy, kindness, humility, gentleness, and patience. 13 Make allowance for each other’s faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. 14 Above all, clothe yourselves with love, which binds us all together in perfect harmony.

* 1. PUT ON – the idea of clothing oneself, Paul said to put on Christ
     1. Put on tender mercies, kindness, humility, meekness (gentleness), longsuffering (patience)
     2. vs 13 - bearing with one another, and forgiving one another
     3. Above all – LOVE – which results in unity and peace.

1. **Live every detail of your life in the name of Christ**

**Colossians 3:15-17**

15 And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. 16 Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. 17 And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father. (NLT)

* 1. Let the Word of Christ dwell in you
  2. Be thankful – have thankful hearts
  3. Let the peace of Christ rule in you
  4. Do all things as unto the Lord.

**Self-Assessment**

Test your own sincerity.

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| --- | --- | --- |
| Area | Description | Rank (1-10) |
| PROXIMITY | How close are you to Christ?   * ABIDING: Prayer and the Word * TEMPERATURE: Hot or cold? How hot or cold are you? |  |
| FAITH | How much of what you believe are you living? |  |
| HUNGER | Appetite and desire for spiritual things. |  |
| GRACE | Are you living by the power of the Spirit or in in your own strength? |  |

**Spiritual Quotient: Self-Assessment**

How would you score your overall spiritual health? Consider the following:

1. Do I sense a closeness in my relationship to God? Is there intimacy with Him or does God feel distant and unattainable?
2. Am I relying on the grace of God for what I need to accomplish, or has the work of the Lord become a burden to me?

The key is about connection with God.

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| --- | --- | --- | --- | --- |
| Description | Needs Improvement | Satisfactory | Very Good | Excellent |
| Prayer life: I pray daily, and my focus is on connection with God rather than the amount time. |  |  |  |  |
| The Word is working in me, and I apply what I read. |  |  |  |  |
| Bible study: I read my Bible daily and I am engaged in study throughout the week - the Word is alive to me. |  |  |  |  |
| Ministry: I am effective, I love what I do, and I accomplish it with passion and grace. |  |  |  |  |
| I am allowing the Holy Spirit to develop the fruit of the spirit in my life, and I am focused on at least one. |  |  |  |  |
| Servant Leadership: It is my priority to serve others to the best of my ability. |  |  |  |  |
| Moral Excellence: My desire is to accomplish all things with the spirit of excellence. |  |  |  |  |